

# What is the relationship between alcohol intake and unintentional injury? (DGAC 2010)

## Conclusion

Strong evidence demonstrates that drinking in excess of current guidelines increases the risk of unintentional falls, motor vehicle crashes and drowning. When alcohol is consumed in moderation, the evidence for risk of unintentional injury is less well established for activities such as driving, swimming and athletic participation, but abstention from alcohol is the safest.

## Grade: Strong

Overall strength of the available supporting evidence: Strong; Moderate; Limited; Expert Opinion Only; Grade not assignable For additional information regarding how to interpret grades [click here](#).

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## Evidence Summaries

What is the evidence that supports this conclusion? For more information, click on the Evidence Summary link below.

 [What is the relationship between alcohol intake and unintentional injury?](#)

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## Search Plan and Results

What were the search parameters and selection criteria used to identify literature to answer this question? For more information, click on the Search Plan and Results link below.

[What is the relationship between alcohol intake and unintentional injury?](#)